



Senior Community Center

68 Elm St

Amesbury, Ma 01913

978 388 8138

Fax 978 388 8144

Volume 2, Issue 4

April 2016

CITY OF AMESBURY COUNCIL ON AGING

Carriage Town Senior Newsletter

A note from the Director Annmary I. Connor, LICSW

As April has come into full swing, the plants are growing, the trees are budding and we have had a great winter. We have many new things happening this month. We will be hosting a large number of new and exciting programs all month. Please read and check out all that is happening.

We are excited to be having 3 B Fitness continuing with a new start time of 2pm. We are starting Aging Mastery Program for Caregivers (C-

AMP). Another great addition is our new take on the monthly dinners. These dinners are FREE for the first 25 as we reserve 10 spots for caregivers. We are hosting the screening of being mortal. This is great opportunity to look at life in a way in which you have decisions. April is national health care directive time. Do you have a health care proxy? MOLST (medical order for life sustaining measures), POA— power of attorney for



finances. All of these are important documents. Looking at this options is never easy but essential. If you need help we have Health Care proxy at the COA for you to complete. April we have hosted our volunteer appreciation we are moving that event to May 25th at the COA.

Mayor Ken Gray

It's finally Spring! Although we've been pretty lucky in the weather department this winter I always look forward to this time of year. April is National Volunteer Month and I'd like to take this opportunity to say thank you to all our wonderful volunteers who help our Seniors and others all year. Our Senior Center simply couldn't run without volunteers like you!

Amesbury Days is coming up fast...ever thought about volunteering? If you're interested in helping out with this year's celebration, please contact Alyssa in my office at (978) 388-8121 or premoa@amesburyma.gov

This year the celebration will be longer than ever with lots of fantastic events planned, and the Amesbury Days committee can't run them without help! Michelle DiMascio returns this year as Executive Director and has some great new ideas. I'm looking forward to it.

With the warmer weather coming, I look forward to seeing you out and about in Amesbury. With clear sidewalks and nice weather it's a perfect time to take a stroll downtown and see what's new.

Take care,
Ken



Inside this issue:

Senior Crime Prevention

Monthly Special Events

Senator Kathleen O'Connor-

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Senior lift

Trips and Tours

ACE/Greenleaf

Senior Crime Prevention Tips By Officer Tom Hanshaw



Director

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COA Board
MTG 4/14
4:30p

FCOA Board
MTG 4/21
3:00p

It's time for the Red Sox to take the field at Fenway in hopes of another Championship Season, the flowers are blooming, Twin Lanterns and Hodgies are open for business and we can put away the snow shovels for a few months! It's also the time of year when I like to remind residents about being cautious for home repair scams. Even if you are not a homeowner, it's possible you could be approached by someone seeking to take advantage of the season. Before agreeing to have work done on or around your home, take the time to do your homework. Get some references, have someone look over the contract, determine what kind of work needs to be done and avoid allowing a stranger into your home.

Scams can involve a

person collecting money for shoddy work, your home being burglarized, false insurance claims and much more. Some victims have lost thousands of dollars over a short period of time and never think it could not happen to you. Be careful and watch for the warning signs, such as someone knocking on your door and offering to do some work. You've worked too hard for your money; don't let a crook spring clean your savings account.

As you may have heard recently; I was chosen by the Amesbury Educational Foundation to join the Hall of Honor at Amesbury High School. To say I was surprised and honored would be an understatement and I'd like to thank all the people who made this recognition possible. After being

named Crime Prevention Officer in 1996, my first stop to start community policing in Amesbury was at the Senior Center. I spoke with Dick Bowley and he helped launch the first initiatives some twenty years ago. Over the past two decades, I have been fortunate to work closely with everyone associated with the Council on Aging to make our City a safer place because I certainly could not have done the job alone. Although my picture will hang on the Wall at Amesbury High School; many faces will be beside me in spirit. It takes a village to raise a child and our community embraces the difficult task in today's world. The children of today are the future of tomorrow, so we all have a role to play for generations to come.

Council on Aging

Council On Aging Mission Statement

To advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Council on Aging Board

Gayle Yarnell- Chairperson

D. Kliggi Thomas- Vice
Chair, Cynthia Costello-
Secretary, Lee Ford –
Treasurer, Paul C. Rogers,
Marcia Gilmore, Frankie
Lalemand, Sue Ballard, Carol
Casey, Teresa Axten, Andy
Gilmore



We are working on an accreditation process with the National Council on Aging.

More information
forthcoming

When the Amesbury Public Schools are closed due to weather, the COA is closed to the public and transportation is cancelled for the day.

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**The Amesbury COA has an automated call system to alert you of changes, the number will show up as a 617 number and the announcement will follow with the change in scheduling for the COA.**

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Please note time change

Lunch is served daily at 11:15am until 11:45am.

You must RSVP! By 11am two days in advance.

Senator Kathleen O'Connor-Ives First Essex District

Dear friends,

Before the Americans with Disabilities Act (ADA), persons with disabilities routinely faced physical barriers restricting their access to full employment, stable housing, and independent living. We've made significant progress since 1990 when the ADA went into effect, but Massachusetts has since fallen behind the national standard.

In order to realign our state code with federal ADA regulations, specifically the 2010 Standards for Accessible Design, the State Senate recently passed S.1323, "*An Act Relative to the Architectural Access Board (AAB)*." This legislation

makes important updates to the state entity tasked with developing and enforcing public accommodation regulations by expanding its authority and creating new state standards. S.1323 would make all areas of public buildings accessible, including employee work areas, and expand accessibility requirements to spaces surrounding buildings such as parking lots, passageways, and sidewalks. Any building with off-street parking areas would also be required to reserve spaces for vehicles displaying handicapped plates or placards, not just buildings that control 15 or more spaces as state law currently states.

In addition, current state



standards do not require apartment buildings built prior to 1996 to add accessible units when they undergo renovations. As the over-65 population continues to expand, the Commonwealth's limited stock of handicap accessible apartments will be further strained, which will increase demand, drive up costs, and force some to forgo the benefits of aging in their own homes and communities. This legislation would be an important step in the right direction for improving the lives of persons with disabilities.

Friends of the Council on Aging

We welcome members to join us at our meetings.

FCOA Officers

Betty Dion, President
John Jennell, Vice President

Jackie Storti, Treasurer

Arlene Mooers, Secretary

Lois Pierce, Membership Secretary

Please Join the Friends!

Please note that annual membership runs from July 1st-June 30th.

In search of fun and dedicated seniors wanting to support the stabilization and growth of programs and services offered at to COA.

Please join the FCOA

April, May and June... keep an eye each month as we will host a fun fundraiser.. Your help is always appreciated.

April will be a paint night....

May a Chowder fest

Why is it so hard for doctors to talk about dying with their patients? And how can the medical profession better help people navigate the final chapters of their lives with confidence, direction and purpose?



Join Beacon Hospice as we explore these questions during a special screening of "**Being Mortal**," the groundbreaking PBS Special based upon the best-selling book by Atul Gawande, MD.

Following the screening, our hospice specialists will lead a discussion of key themes and the implications for all of us as we come to terms with our own eventual mortality. Each attendee will be provided with a variety of valuable and practical resources, including a workbook to identify what's most important to you and your family and a workbook to assist in documenting your own advance care directives.



"BEING MORTAL"

A Special Screening of the Groundbreaking Film Hosted by Beacon Hospice. Refreshments will be served.

Wednesday, April 27th 2016 - 10:00am
Amesbury Council on Aging Senior Center
68 Elm St.
Amesbury, MA 01913



RSVP to:
Amesbury COA
(978) 388-8138 or
connor@amesburyma.gov



Paint Night Fundraiser for the FCOA

Tuesday, April 19th 6pm

\$25 pp/ \$20 for FCOA Members

RSVP by 4/11 978 -388-8138

The Financial Page

Heating System Assistance (HEARTWAP)

The Heating Emergency Assistance Retrofit Task Weatherization Assistance Program (HEARTWAP) provides heating system repair and replacement services to eligible low-income homeowners. The program operates year round, November 1 to April 30. The program serves as an emergency intervention service to provide assistance to low-income homeowners having problems with the operation of their primary heating system. HEARTWAP services vary depending on the specific needs of the housing unit.

Weatherization

The Weatherization Assistance Program (WAP) provides up to \$7500 in added insulation, and general plugging of air leaks to homes and apartments for those households eligible for LIHEAP. This program also operates year round. WAP services vary depending on the specific needs of the housing unit. To apply for Heating Assistance or Weatherization please contact

Community Action, Inc.
3 Washington Square, 1st Fl.
Haverhill, MA 01830
978-373-1971
Toll Free 1-800-332-9004
24/7 Automated Line
978-374-7660

Pettengill House Emergency Assistance Program

This funding provides Emergency Assistance Services for at risk Amesbury residents through the Pettengill House, a local community service agency with a office in Amesbury.

978-463-8801

AARP Taxes

FREE Taxes being done starting in February Offered through AARP, Senior Care and our great volunteers. Schedule your appointment today by calling 978-388-8138

Fuel Assistance

Those of you already on fuel assistance should be receiving your renewal in the mail. Please schedule an appointment if you require assistance completing the form, you may also make copies here for your supporting documentation. Those of you in need of fuel assistance please schedule an appointment with a staff/intern to aid you in completing the application if you would like assistance.

Find Social Services You Need: resources.penniesforpoverty.org.

When you need help and don't know where to find it, use your mobile phone or computer to go to the website:

resources.penniesforpoverty.org.

There you can sort through a listing of 180+ social service agencies by choosing:

Your town (Amesbury, Newbury, Newburyport, West Newbury, Rowley, Salisbury).

Who needs the service (adult, child, youth, senior, family, veteran, disabled)

The kind of help you need

(food, affordable medicine, job training, child care, etc)

You will get full contact information for the agencies providing the help you need and descriptions of their services

Senior Medicare Patrol : Protect Yourself From Medicare Fraud!

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year?

Come meet a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on Tuesday, April 19 2016 at 10:00 a.m. at the Amesbury Senior Center, 9 School St., Amesbury, Ma 01913, and participate in a discussion on how to protect, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and

future generations.

This free information workshop will provide you with the tools to become a more informed and engaged health care consumer.

For more information and to reserve your seat please contact Annmary Connor, the director of the Amesbury Senior Center, at 978-388-8138 or at ConnorA@AmesburyMA.gov.

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or

other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

This event is jointly sponsored by the Amesbury Senior Center and the Massachusetts Senior Medicare Patrol Program. The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90-MP0226-01-00 from the U.S. Department of Health and Human Services' Administration for Community Living, Washington, DC 20201.

Trips and Tours— A fundraiser for the FCOA— Everyone is welcome

***Please note:
Reservations
cannot be
confirmed
until
payment is
received.
For details
and to sign
up for one of
our group
tours please
contact the
Council on
Aging in
Amesbury @
978-388-8138.***

- ♦ April 13 – Divine Comedy @ The Holy Grail – Join Father Patrick Aloysius Misgivings for an afternoon of laughs, blarney and Bingo at Camelot, the event venue of the Holy Grail Restaurant (once St. Joseph's Church built 1895) in Epping, NH. Includes lunch (Chicken Piccata or Baked Haddock). \$85pp payable to Royal Tours.
- ♦ May 17 – Elton John & Billy Joel @ Danversport Yacht Club – The Ultimate Tribute Show, rock til you drop; includes transportation and lunch (choice of Chicken Breast or Baked Schrod). \$89pp payable to Best of Times.
- ♦ June 12 – 14 – Maine Escapes – Includes 2 nights lodging at Boothbay Harbor; 2 Buffet Breakfasts/2 Dinners with Entertainment; full day visit to Bar Harbor with Guided Tour (by bus) through Acadia National Park; lunch on own at this lovely seaside village; stop for lunch on own in Freeport on way home. \$379pp/dbl; \$499 single payable to Best of Times. \$50 deposit due on sign up, full payment due May 6.
- ♦ June 22 – The Highwaymen & Queens of Country @ Venus de Milo – Tribute to the Superstars of Country, features Willie Nelson, Waylon Jennings, Johnny Cash, Dolly Parton and Reba McEntire. Includes transportation and lunch (Baked Chicken or Baked Schrod). \$89pp payable to Best of Times.
- ♦ July 13 – Essex River Cruise – Sit back and enjoy a 1 ½ hour narrated river cruise as you glide past islands, dunes and beaches formed by glaciers. Includes lunch at The Village Restaurant (with Clam Chowder & choice of Baked Haddock, Grilled Steak Tips or Roasted Chicken Breast) and a visit to the quaint shops and galleries of Rockport, MA. \$90pp payable to Royal Tours.
- ♦ September 11 – 16 – Biltmore Estate, Asheville, NC – Features tour of Thos. Jefferson's Monticello; full day at Biltmore Estate House & Gardens; tour of Asheville, NC and Blue Ridge Parkway; 6 days/5 nights, includes 5 breakfasts/3 dinners, all gratuities including coach driver. \$525 dbl/\$650 single payable to Diamond Tours. \$75 due on sign up; final payment due June 30.



Protect Yourself From MEDICARE FRAUD!

A free informational Medicare workshop

**Tuesday, April 19, 2016
10:00 a.m. to 11:00 a.m.**




Healthcare errors cost consumers and Medicare billions of dollars annually! Join us at this free workshop when a representative of the Massachusetts Senior Medicare Patrol Program provides us with tools to become better educated and engaged health care consumers to help protect ourselves and our loved ones from Medicare fraud and deceptive marketing tactics.

Amesbury Senior Center

68 Elm Street, Amesbury, MA 01913
To reserve a space or for more information call 978-388-8138

This resource is summarized in part with ACLI grant no. 90-MP0226-001-00.

Monday	Tuesday	Wednesday	Thursday	Friday
	When Amesbury Public schools are closed due to weather the COA is closed. When there are delays we are open.	New Times! Lunch will be served daily From 11:15 to 11:45am	10am Bereavement Group Starts 3/31	9:00 Men's group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage 1:30 Shopping
4 9:00 Wii 10: Art w/ Cara 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 2:00 Computer classes r back!	5 11am Brown Bag 9:30 Busy Needles 10 Blankets for kids 10 Health Nurse 12:15 Bingo 2:30p TV Series-- Showing	6 10:00 SHINE/Watercolor 10:00 Meditation Group 1:00 Exercise 2:00 3B Fitness!	7 8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 10 Bereavement Group 1 p Line 1p bridge 1:00 Low Vision -- 2:30 C-AMP	8 9:00 Men's Peer social group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Cribbage 1:30 Shopping
11 9:00 Wii 10: Art w/ Cara 9:00 <u>Veteran Breakfast</u> 11:20 Merrimack Valley Health Center Sponsor lunch 12 Movie-1:00 Chair Exercise 2:00 Mah Jongg 4:30 ACE dinner	12 9:30 Busy Needles/ 10:00 Blankets-4kids/Health Nurse 10 PageTurners 12:15 Bingo 2:30 TV Series-- Showing 4:00 MAE West	13 9:00-3:00 AARP TAXES 9:00 Simply foot care/podiatry 10:00 SHINE/Watercolor 10:00 Meditation Group 1:00 Exercise 2:00 3B Fitness!	14 9:00-3:00 AARP TAXES 8:30 Yoga Thx Maplewood 8:30 Meet the Lawyer 9:30 Iris / 10:00 Zumba 1:00 Bridge/ line dancing 2:30 C-AMP 4:30 COA Board	15 9:00 Men's Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping
18 Closed, Patriots Day 	19 10:00 Senior Medicare Patrol 9:30 Busy Needles/Blankets-4kids 10:00 Health Nurse 11:20 Sponsored lunch, Maplewood Care and Rehab. 12:15 Bingo/215 TV Series-- 6:00 Paint Night Fundraiser	20 10:00 SHINE/ Watercolor 10:00 Meditation Group 11:20 Sponsored lunch: Country Rehab Center 1:00 Exercise 2:00 3B Fitness!	21 2:30 C-AMP 8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 12:00 Birthday party 1p Line 1p bridge 3p FCOA Board 7pm NAAMI groups	22 9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping
25 9:00 Wii/10:00 Art w/ Cara 12:00 Movie 1:00 Chair Exercise 2:00 Mah Jongg	26 8:10 Annmary on WNEP 9:00 Coffee w. Chiefe 9:30 Busy Needles/Blankets-4kids 12:15 Bingo 2:30 TV Series-- Showing	27 10:00 BEING MORTAL 10:00 SHINE/Watercolor 10:00 Meditation Group 11:20 Sponsored lunch: Country Rehab Center 100 Exercise 2:00 3B Fitness!	28 8:30 Yoga Thx Maplewood 9:30 Iris/10 Zumba 1 p Line 1p bridge 2:30 C-AMP	29 9:00 Men's Social Group 9:30 Tai Chi 10:00 <u>Women's' Group</u> 12:00 Game Time 1:30 Shopping



April



Elder Services of the Merrimack Valley

April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sliced Pork Roast w/Gravy Sweet Potato Mixed Vegetables Whole Wheat Dinner Roll Fruit Snack Loaf
4 Chicken Ala King Brown Rice Cauliflower Whole Grain Bread Mixed Fruit	5 Shepherd's Pie Peas Whole Wheat Bread Yogurt	6 L.S Hot Dogs Beans Capri Vegetables Whole Wheat Hot Dog Roll Cookies	7 Cheese Lasagna w/ Meat Sauce Sautéed Spinach Italian Bread Seasonal Fresh Fruit	8 Baked Fish W/Red Pepper Sauce Vegetable Brown Rice Sliced Carrots Dinner Roll Chocolate Pudding/Dt. Pudding
11 Chicken Drumsticks Red Bliss Potatoes Green Beans Whole Wheat Dinner Roll Sliced Peaches	12 Beef Stew Corn and Peas Biscuit Fresh Baked Cookie	13 Roast Turkey with Gravy Mashed Potatoes/Stuffing Carrots and Turnip Natural Grain Bread Mixed Fruit	14 Stuffed Shells w/Marinara Sauce Capri Vegetables Italian Scala Bread Bread Pudding	15 Baked Tilapia w/Lemon Sauce Brown Rice Zucchini & Tomatoes Oatmeal Bread Fruit Cocktail
18 No Meals Served Patriots Day	19 BBQ Boneless Ribbettes Mashed Sweet Potatoes Brussel Sprouts Whole Wheat Dinner Roll Diced Peas	20 "Monthly Special" Mediterranean Chicken Lemon Olive Rice Vegetable Ratatouille Dinner Roll Fruit Ambrosia w/Coconut	21 "Monthly Birthday" Meatloaf w/Gravy Mashed Potatoes Broccoli Whole Wheat Dinner Roll Birthday Cake	22 Salmon w/Dill Sauce Rice Pilaf Green Beans Natural Grain Bread Fresh Banana
25 Hamburger w/Cheese on the Side Potato Wedges Cole Slaw WW Hamburger Roll Yogurt	26 Chicken Marsala Brown Rice Mixed Vegetables Natural Grain Bread Diced Peas	27 Eggplant Parmesan w/Marinara Sauce Green Beans Whole Wheat Dinner Roll Mixed Fruit	28 Breaded Chicken Patty Mashed Potatoes Peas Natural Grain Bread Diet Gelatin	29 Macaroni & Cheese w/Crumb Topping on the side Stewed Tomatoes Honey Wheat Roll Seasonal Fresh Fruit

Senior Lift



Channel 12
Tuesdays 4:00pm
Wednesdays
9:30am
Thursday 7:30pm
Saturday 9:00am

Meet Annmary
Connor, COA
Director and the
guest of the
month.

New shows are
in production!

SENIOR LIFT
DVD's
AVAILABLE \$10
EACH!



Airing on Channel 12
Sunday 8:00am, Mondays
3:30pm, Wednesday 10:00am

Saturday 8:00am
Watch and join Doreen Brothers. LSW, Assistant Director and Certified Personal Trainer with 2 local guests This exercise show airs 4 times a week. Watch and participate for better strength, flexibility and balance.

Senior Lift is in its 4th year!

We'd like to thank our many guests for having the courage to get in front of the camera. Thank you to our wonderful production crew also!

Please remember we have a treadmill and exercise bike on sight for you to use.. For FREE

The Incredible Mae West at the Amesbury Senior Center April 12th 4pm

The Delvena Theatre Company will be presenting *The Incredible Mae West* at the Amesbury Senior Center, 68 Elm Street, Amesbury, on Tuesday, April 12, at 4:00 PM.

Meet Hollywood legend blond bombshell, "Mae West" as portrayed by actress Lynne Moulton. Famous for her comedic one-liners, "Mae" will keep the audience entertained with an insight into her fascinating 80-year show business career, her philosophy of life and, of course, her singing. A humorous, yet informative production. After the performance, the actress will open up to the audience for discussion regarding Ms. West. Truly a unique experience!

The Incredible Mae West is an original edutainment production written by Fran Baron.

Lynne Moulton has performed several roles for Delvena Theatre including her IRNE nominated Martha in *Who's Afraid of Virginia Woolf?* and Sissy in *Piece of My Heart* and also for numerous other theatre companies in the New England area. She received her acting training at the Royal Academy of Dramatic Art under the direction of Sir Robert Palmer and at Trinity Rep Conservatory.

The Delvena Theatre Company was founded in 1992 and has performed at various venues, most often at the Boston Center for the Arts. The company was nominated for five Independent Reviewers of



New England awards. Its production of 'Who's Afraid of Virginia Woolf?' was on Theatre Mirror's Best List for acting, directing and production. Presentations of 'Anna Weiss' and 'Beyond Therapy' were included on Theatre Mirror's best play list and 'Blue Heart' was placed on Aisle Say's best list.

The Incredible Mae West is supported in part by a grant from the Amesbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information, contact the Amesbury Council on Aging at (978) 388-8138.

Memorials

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to support programming, activities and services. In memory /honor of a loved one donations will receive acknowledgement in the COA monthly newsletter. Families will be notified of your generous contribution. Please make checks payable to: Friends of the Amesbury COA.

Please accept my donation of \$ _____

_____ in memory of

_____ in honor of

Send letter to: _____

Donated by: _____

Thank you



Looking for volunteers!

The Greenleaf Supportive Day Program is looking for volunteers to help during fundraising events.

CURRENTLY REQUESTING VOLUNTEERS !!

HELP RAISE MONEY FOR THE GREENLEAF PROGRAM!

For more information please call:

Katrina, Activities Coordinator
(978) 388-8138 x 545

Free Trial Day



The Greenleaf Supportive/Social Day Program offers each participant socialization and meaningful recreational activities as well as supervision, nutrition and support services in a community-based setting. **their family and** attend to their own well being.

Greenleaf Caregiver Support Activities are FREE to ALL

4/11 @ 4:30 Night Out at Country Center Rehab. In Newburyport FREE dinner
4/28 @ 1pm: Speaker Safe Driving 2pm: Support group with Katrina. RSVP.

Amesbury Caregiver Essentials (ACE) is now called **Greenleaf Caregiver Support**. This program is **FREE to all** and provides fun, recreational and social activities to anyone who has an interest.

The purpose for caregiver support is to provide caregivers with the resources needed to manage the stress associated with caring for a loved one

All Greenleaf Caregiver Support Events are now open to the public!

Events are free to the first 25 people who sign up.

RSVP at (978) 388-8138.

Greenleaf Supportive Social Day Program

Respite for your Family Tree

Greenleaf Supportive Day Program is located within the Amesbury Senior Community Center.

Monday - Friday 9:00am - 3:00pm

Lunch is served at 11:15am

For more information please call

Vanessa R. Kahrman 978-388-8138 x544

Greenleaf is contracted with Elder Services of the Merrimack Valley.

Payment options are available if you are a client of ESMV or are eligible for MassHealth.



WHAT DOES GREENLEAF CAREGIVER SUPPORT OFFER?

- Case Management
- Caregiver Support Groups
- Tele Check-In Program—
- Friendly Visitor Program
- After Greenleaf
- Entertainment

FOR MORE INFORMATION

Please call Katrina Rioux at 978-388-8138 x545

Vanessa Kahrman at 978-388-8138 x545



Upcoming Events: CHOWDER FEST

Monday May 16th

Chowder by your favorite local restaurants, assisted livings, and organizations!

Pick your favorite and decide the Chowder Champion!

\$5 FCOA members

\$8 Non members

GREAT DANES SERVICE DOGS & FREE BREAKFAST

Tuesday May 10th

The Great Danes from the Service Dog Project are visiting the Senior Center.

Come meet these wonderful dogs and hear what they do! Free breakfast served.



RSVP @
978-388-8138

~~~~~

**N.E.E.T**

Mary Jo Sullivan x  
556

**Activities /Aide**

Brandi  
Thompson  
Cheryl Merrill  
Peggy Walker

**Greenleaf &  
ACE Admin**

Vanessa  
Kahrman, MA,  
LSW x544

**Greenleaf  
Activities  
Coordinator**

Katrina Rioux  
x545

**Nutrition  
Program: MOW**

978 388 8138  
x549

Jennifer, Site  
Manager

## Monthly Special Events

We ask that you **RSVP** for all these events listed

- **4/5 Tue 11am: Brown Bag pick up**
- **4/11 Mon 9:00 Veteran Breakfast, kindly RSVP**
- **4/11 Mon 11:20am Sponsored (FREE) lunch:** Thank you **Merrimack Valley Health Center.** Come and meet the great staff!
- **4/12 4pm MAE WEST!** Come and join in the fun RSVP by 4/8
- **4/13 Wed 9am, Simply Foot Care.** Catherine Languedoc, RN , Cost \$30 pp, Apt start at 9am
- **4/19 6pm Paint Night Fundraiser.** Cost \$25 pp/ FCOA Member \$20. Come and have some fun with friends and paint a great spring painting.
- **4/19 10am Senior Medicare Patrol:** Come and educate yourself on Medicare and fraud. RSVP by 4/15
- **4/21 Thurs, 11:20am Lunch. Noon Birthday Party** Thank you Merrimack Valley Health Ctr for \$20 gift raffle. & Stop n Shop, FCOA. Entertainer-Paul Wayne If this is your birthday month the FCOA invites you to lunch. *rsvp* 4/19
- **4/27 Wed 11:20am Sponsored Lunch** Thank you ***Country Rehab. Center,*** Meet the great staff. Enjoy

time together!

- **4/26 Tues 9am Coffee with the Chiefs:** Come and meet the Chiefs, Thank you Dunkin donuts for the treats!
- **4/27 Being Mortal, Sponsored 10am by Beacon Hospice.** Come and view this amazing movie and join in the discussion. FREE RSVP by 4/25
- **4/28 8:30 Thur Legal clinic:** Sign up for a FREE 30 minute consultation session with **Margo Birke ESQ.**

**New series- TV shows will be streamed every Tuesday at 2:30pm- The Provident Room**

**Every Monday we have a movie showing-in the Rotary Game Room**

### **Groups**

- **4/7 Thurs 1pm Low Vision support group**
- **4/1 & 4/15 Men's Group,** facilitated by Bob- pastry & coffee sponsored by Andyman's bakers
- **4/8 & 4/22 Men's social group**-a gathering of like minded men.
- **4/1, 4/8, 4/15, 4/22, 4/29 10am Woman's Group- Creating Connections-open to all**
- **4/21 Thur NAMI 7pm:** National Alliance on Mental illness . The Family & Friends support group/ Connection Recovery Support Group . NAMI groups coordinator at 978-872-4525 or *nnea333@gmail.com*
- Diabetes self management class coming in the spring time , call Annmary for more details
- **Wed 2pm! 3B Fitness is continuing** please join us for this wonderful class .Cost \$3 per class
- **C-AMP!** Are you an entertainer, maid, errands runner, personal assistant, chef, and or stylist? Are you a caregiver? Please join the Caregiver Aging Mastery Program! C-AMP is an eight week personal wellness program beginning April 7, 2016 through June 16, 2016 every Thursday afternoon from 2:30 p.m. - 4:30 p.m. Sign up in advance with Mary or Sarah 978-388-8138. Hope to see you there!!!
- **April 16th Saturday Lions Recycling DAY!**

**E.V. Jutras & Sons**  
**Funeral Home**  
 Pre-Need Services  
 118 Friend Street  
 Amesbury, MA 01913  
**388-0430**

**FRUSTRATED WITH FINDING  
 RELIABLE AND HONEST HELP?**

I live a phone call away in Haverhill, MA  
 and I am bonded and insured.  
 You can depend upon me to transport  
 you, shop and run errands, prepare  
 meals or assist with your pet.

**CALL PEGGY CONNOLLY AT**  
**781-424-7999**  
 Hereforyou728@yahoo.com

**MERRIMACK  
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HEALTH CENTER

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